

# SUMMER

summer lineup

2021



**Get sterile stuff** If you inject, use new supplies every time. Visit your syringe service program (SSP) for FREE supplies and other services.



**Carry naloxone** Carry naloxone and know the signs and symptoms of opioid overdose.



**Test** STDs are on the rise. Schedule a confidential test for HIV/STDs and Hep C.



**Keep up** If you're living with HIV, consistent treatment keeps your viral load undetectable. Undetectable = Untransmittable (U = U). Learn more: [iamnotatrisk.org](http://iamnotatrisk.org).



**Prepare** PrEP is a daily pill that can keep you HIV-negative. Ask your health provider if PrEP is right for you.



**Vaccinate** The COVID-19 vaccine is the best way to prevent COVID-19, at no cost to you.



**Wrap** Condoms give you big protection from STDs. Use them with water or silicone-based lube to avoid friction.



**Go low, go slow** Do a tester shot, line, bowl, or bump. You can always put more into your body, but you can't take it out once it's there.



**Ask** Interested in substance use treatment like buprenorphine? Talk with your SSP, call the Washington Recovery Helpline, or ask your doctor for help.

**Washington Recovery Helpline —**  
24-hour help for substance abuse, problem gambling, and mental health: 1-866-789-1511